

PUSH-UP STANDARDS

| Age Group | 17-21 | | 22-26 | | 27-31 | | 32-36 | | 37-41 | | Age Group | 42-46 | | 47-51 | | 52-56 | | 57-61 | | 62+ | | Age Group | | |
|-------------|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------------|-------|-----|-------|-----|-------|----|-------|-----|-----|-----|-------------|----|----|
| Repetitions | M | F | M | F | M | F | M | F | M | F | Repetitions | M | F | M | F | M | F | M | F | M | F | Repetitions | | |
| 77 | | | | | 100 | | | | | | 77 | | | | | | | | | | | 77 | | |
| 78 | | | | | 98 | | | | | | 76 | | | | | | | | | | | 76 | | |
| 75 | | | 100 | | 98 | | 100 | | | | 75 | | | | | | | | | | | 75 | | |
| 74 | | | 98 | | 97 | | 98 | | | | 74 | | | | | | | | | | | 74 | | |
| 73 | | | 98 | | 98 | | 100 | | | | 73 | | | | | | | | | | | 73 | | |
| 72 | | | 97 | | 95 | | 97 | | 99 | | 72 | | | | | | | | | | | 72 | | |
| 71 | 100 | | 95 | | 94 | | 95 | | 98 | | 71 | | | | | | | | | | | 71 | | |
| 70 | 99 | | 94 | | 93 | | 95 | | 97 | | 70 | | | | | | | | | | | 70 | | |
| 69 | 97 | | 93 | | 92 | | 94 | | 95 | | 69 | | | | | | | | | | | 69 | | |
| 68 | 98 | | 92 | | 91 | | 93 | | 95 | | 68 | | | | | | | | | | | 68 | | |
| 67 | 94 | | 91 | | 90 | | 92 | | 94 | | 67 | | | | | | | | | | | 67 | | |
| 66 | 93 | | 90 | | 88 | | 91 | | 93 | | 66 | 100 | | | | | | | | | | 66 | | |
| 65 | 92 | | 89 | | 87 | | 90 | | 92 | | 65 | 99 | | | | | | | | | | 65 | | |
| 64 | 90 | | 87 | | 86 | | 89 | | 91 | | 64 | 98 | | | | | | | | | | 64 | | |
| 63 | 89 | | 86 | | 85 | | 88 | | 90 | | 63 | 97 | | | | | | | | | | 63 | | |
| 62 | 88 | | 85 | | 84 | | 87 | | 89 | | 62 | 95 | | | | | | | | | | 62 | | |
| 61 | 85 | | 84 | | 83 | | 85 | | 88 | | 61 | 94 | | | | | | | | | | 61 | | |
| 60 | 85 | | 83 | | 82 | | 85 | | 87 | | 60 | 93 | | | | | | | | | | 60 | | |
| 59 | 83 | | 82 | | 81 | | 84 | | 86 | | 59 | 92 | 100 | | | | | | | | | 59 | | |
| 58 | 82 | | 81 | | 80 | | 83 | | 85 | | 58 | 91 | 99 | | | | | | | | | 58 | | |
| 57 | 81 | | 79 | | 79 | | 82 | | 84 | | 57 | 90 | 98 | | | | | | | | | 57 | | |
| 56 | 79 | | 78 | | 78 | | 81 | | 83 | | 56 | 89 | 98 | 100 | | | | | | | | 56 | | |
| 55 | 78 | | 77 | | 77 | | 79 | | 82 | | 55 | 88 | 95 | 99 | | | | | | | | 55 | | |
| 54 | 77 | | 76 | | 76 | | 78 | | 81 | | 54 | 87 | 94 | 96 | | | | | | | | 54 | | |
| 53 | 75 | | 75 | | 75 | | 77 | | 79 | | 53 | 86 | 93 | 97 | 100 | | | | | | | 53 | | |
| 52 | 74 | | 74 | | 74 | | 76 | | 78 | | 52 | 84 | 92 | 96 | 99 | | | | | | | 52 | | |
| 51 | 72 | | 73 | | 73 | | 75 | | 77 | | 51 | 83 | 91 | 94 | 98 | | | | | | | 51 | | |
| 50 | 71 | | 71 | | 72 | 100 | 74 | | 76 | | 50 | 82 | 89 | 93 | 97 | 100 | | | | | | 50 | | |
| 49 | 70 | | 70 | | 71 | 90 | 73 | | 75 | | 49 | 81 | 88 | 92 | 95 | 98 | 99 | | | | | | 49 | |
| 48 | 68 | | 69 | | 69 | 98 | 72 | | 74 | | 48 | 80 | 87 | 91 | 94 | 98 | 98 | | | | | | 48 | |
| 47 | 67 | | 68 | | 68 | 96 | 71 | | 73 | | 47 | 79 | 86 | 90 | 93 | 96 | 97 | | | | | | 47 | |
| 46 | 66 | | 67 | 100 | 67 | 95 | 70 | | 72 | | 46 | 78 | 85 | 89 | 92 | 95 | 95 | | | | | | 46 | |
| 45 | 64 | | 65 | 99 | 66 | 94 | 66 | 100 | 71 | | 45 | 77 | 84 | 88 | 91 | 94 | 95 | | | | | | 45 | |
| 44 | 63 | | 65 | 87 | 65 | 93 | 65 | 98 | 70 | | 44 | 76 | 82 | 87 | 90 | 93 | 94 | | | | | | 44 | |
| 43 | 61 | | 63 | 98 | 64 | 92 | 67 | 97 | 99 | | 43 | 74 | 81 | 86 | 89 | 92 | 93 | | | | | | 43 | |
| 42 | 60 | 100 | 62 | 94 | 63 | 90 | 68 | 98 | 68 | | 42 | 73 | 80 | 84 | 87 | 91 | 92 | | | | | | 42 | |
| 41 | 59 | 98 | 61 | 93 | 62 | 89 | 65 | 95 | 67 | | 41 | 72 | 79 | 83 | 86 | 89 | 91 | | | | | | 41 | |
| 40 | 57 | 97 | 60 | 92 | 61 | 88 | 64 | 93 | 66 | 100 | 40 | 71 | 78 | 82 | 85 | 88 | 90 | 96 | | | | | | 40 |
| 39 | 56 | 95 | 59 | 80 | 60 | 87 | 63 | 92 | 65 | 99 | 39 | 70 | 76 | 81 | 84 | 87 | 89 | 93 | | | | | | 39 |
| 38 | 54 | 93 | 58 | 89 | 58 | 85 | 62 | 91 | 94 | 97 | 38 | 69 | 75 | 80 | 83 | 86 | 88 | 93 | | | | | | 38 |
| 37 | 53 | 91 | 57 | 88 | 58 | 84 | 61 | 89 | 95 | 98 | 37 | 68 | 100 | 74 | 79 | 82 | 85 | 87 | | | | | | 37 |
| 36 | 52 | 90 | 55 | 88 | 57 | 83 | 60 | 88 | 92 | 94 | 36 | 67 | 98 | 73 | 78 | 81 | 84 | 86 | | | | | | 36 |
| 35 | 50 | 88 | 54 | 85 | 56 | 82 | 59 | 87 | 91 | 93 | 35 | 66 | 97 | 72 | 77 | 79 | 82 | 85 | | | | | | 35 |
| 34 | 49 | 86 | 53 | 83 | 55 | 81 | 58 | 85 | 90 | 91 | 34 | 64 | 95 | 71 | 100 | 76 | 78 | 81 | 84 | | | | 34 | |
| 33 | 48 | 84 | 52 | 82 | 54 | 79 | 57 | 84 | 90 | 93 | 33 | 63 | 94 | 69 | 96 | 74 | 77 | 80 | 83 | | | | 33 | |
| 32 | 46 | 83 | 51 | 81 | 53 | 78 | 58 | 83 | 88 | 90 | 32 | 62 | 92 | 86 | 97 | 73 | 76 | 79 | 82 | | | | 32 | |
| 31 | 45 | 81 | 50 | 79 | 52 | 77 | 55 | 81 | 97 | 98 | 31 | 61 | 90 | 97 | 72 | 100 | 75 | 78 | 81 | 84 | | | 31 | |
| 30 | 43 | 79 | 48 | 78 | 50 | 76 | 54 | 80 | 88 | 95 | 30 | 60 | 89 | 88 | 93 | 71 | 96 | 74 | 76 | 80 | 83 | | 30 | |
| 29 | 42 | 77 | 47 | 77 | 49 | 75 | 53 | 79 | 95 | 98 | 29 | 59 | 87 | 65 | 92 | 70 | 96 | 73 | 75 | 79 | 82 | | 29 | |
| 28 | 41 | 76 | 46 | 75 | 48 | 73 | 62 | 77 | 94 | 98 | 28 | 58 | 88 | 84 | 90 | 69 | 95 | 71 | 100 | 74 | 78 | | 28 | |
| 27 | 39 | 74 | 45 | 74 | 47 | 72 | 51 | 76 | 93 | 98 | 27 | 57 | 84 | 82 | 88 | 68 | 93 | 70 | 96 | 73 | 77 | | 27 | |
| 26 | 38 | 72 | 44 | 72 | 48 | 71 | 50 | 75 | 92 | 98 | 26 | 58 | 82 | 81 | 87 | 67 | 91 | 69 | 98 | 72 | 76 | | 26 | |
| 25 | 37 | 70 | 43 | 71 | 45 | 70 | 49 | 73 | 91 | 98 | 25 | 54 | 81 | 60 | 85 | 68 | 89 | 88 | 94 | 71 | 100 | | 25 | |
| 24 | 35 | 69 | 42 | 70 | 44 | 68 | 48 | 72 | 90 | 98 | 24 | 53 | 76 | 59 | 83 | 64 | 87 | 87 | 92 | 89 | 98 | | 24 | |
| 23 | 34 | 67 | 41 | 68 | 43 | 67 | 47 | 71 | 90 | 95 | 23 | 52 | 78 | 58 | 82 | 63 | 85 | 86 | 90 | 88 | 96 | | 23 | |
| 22 | 32 | 65 | 39 | 67 | 42 | 66 | 45 | 69 | 88 | 93 | 22 | 51 | 76 | 58 | 90 | 62 | 84 | 85 | 88 | 67 | 93 | | 22 | |
| 21 | 31 | 63 | 38 | 66 | 41 | 65 | 45 | 68 | 87 | 92 | 21 | 50 | 74 | 55 | 78 | 61 | 82 | 83 | 86 | 66 | 91 | | 21 | |
| 20 | 30 | 62 | 37 | 64 | 40 | 64 | 44 | 67 | 86 | 90 | 20 | 49 | 73 | 54 | 77 | 60 | 80 | 82 | 84 | 65 | 89 | | 20 | |
| 19 | 28 | 60 | 36 | 63 | 39 | 62 | 43 | 65 | 85 | 89 | 19 | 48 | 71 | 53 | 75 | 58 | 78 | 81 | 82 | 84 | 87 | | 19 | |
| 18 | 27 | 58 | 35 | 61 | 38 | 61 | 42 | 64 | 84 | 87 | 18 | 47 | 70 | 52 | 73 | 58 | 78 | 80 | 82 | 84 | 88 | | 18 | |
| 17 | 26 | 57 | 34 | 60 | 37 | 60 | 41 | 63 | 84 | 86 | 17 | 46 | 68 | 51 | 72 | 57 | 75 | 58 | 78 | 81 | 82 | | 17 | |
| 16 | 24 | 55 | 33 | 59 | 36 | 59 | 39 | 61 | 82 | 84 | 16 | 44 | 68 | 49 | 70 | 58 | 73 | 58 | 76 | 60 | 80 | | 16 | |
| 15 | 23 | 53 | 31 | 57 | 35 | 58 | 38 | 60 | 84 | 86 | 15 | 43 | 65 | 48 | 68 | 54 | 71 | 57 | 74 | 56 | 78 | | 15 | |
| 14 | 21 | 51 | 30 | 54 | 34 | 56 | 37 | 58 | 89 | 91 | 14 | 42 | 63 | 47 | 67 | 53 | 69 | 55 | 72 | 58 | 78 | | 14 | |
| 13 | 20 | 50 | 29 | 54 | 33 | 55 | 36 | 58 | 88 | 90 | 13 | 41 | 62 | 46 | 65 | 52 | 67 | 54 | 70 | 56 | 73 | | 13 | |
| 12 | 19 | 46 | 28 | 52 | 32 | 54 | 35 | 58 | 87 | 90 | 12 | 40 | 60 | 45 | 63 | 51 | 65 | 53 | 68 | 55 | 71 | | 12 | |
| 11 | 17 | 46 | 27 | 50 | 31 | 52 | 34 | 54 | 86 | 87 | 11 | 39 | 58 | 44 | 62 | 50 | 64 | 52 | 66 | 54 | 69 | | 11 | |
| 10 | 16 | 44 | 26 | 49 | 29 | 50 | 33 | 52 | 85 | 86 | 10 | 38 | 57 | 42 | 60 | 49 | 62 | 51 | 64 | 53 | 67 | | 10 | |
| 9 | 14 | 43 | 25 | 49 | 28 | 49 | 33 | 50 | 84 | 85 | 9 | 37 | 55 | 41 | 58 | 48 | 60 | 50 | 62 | 52 | 64 | | 9 | |
| 8 | 13 | 41 | 23 | 48 | 27 | 49 | 31 | 48 | 83 | 83 | 8 | 36 | 54 | 40 | 57 | 47 | 58 | 49 | 60 | 51 | 62 | | 8 | |
| 7 | 12 | 39 | 22 | 46 | 26 | 48 | 30 | 48 | 82 | 81 | 7 | | | | | | | | | | | | | |